

## CLAIMS

What is claimed is:

1. An appetite suppressant comprising:

green tea;

5 green tea leaf extract; and

a chromium additive.

2. The appetite suppressant of claim 1 wherein the chromium additive is in a form selected from the group consisting of polynicotinate, amino acid chelate, a chloride, and picolinate, and combinations thereof.

3. The appetite suppressant of claim 1 further comprising:

5-hydroxytryptophan; and

beta-hydroxy beta-methylbutyrate.

4. The appetite suppressant of claim 1 wherein the green tea is in an amount ranging from about 175 mg to about 325 mg.

5. The appetite suppressant of claim 1 wherein the green tea leaf extract is in an amount ranging from 10 mg to about 90 mg.

6. The appetite suppressant of claim 1 wherein the green tea leaf extract contains about 50% catechin polyphenols.

7. The appetite suppressant of claim 1 wherein the green tea is in an amount of about 250 mg and the green tea leaf extract is in an amount of about 50 mg.
8. The appetite suppressant of claim 1 wherein the appetite suppressant is in a form selected from the group consisting of a tablet, a powder, and a capsule.
9. The appetite suppressant of claim 1 wherein the chromium ranges from about 50mg to about 200 mg.
10. An appetite suppressant consisting of essentially of:  
green tea  
green tea leaf extract containing catechin polyphenols;  
a chromium additive;  
5-hydroxytryptophan; and  
beta-hydroxy beta-methylbutyrate.
11. The appetite suppressant of claim 10 wherein:  
green tea is in an amount ranging from about 180 mg to about 325 mg; and  
green tea leaf extract is in an amount ranging from about 10 mg to about 90 mg.
12. The appetite suppressant of claim 10 wherein the appetite suppressant is in a form selected from the group consisting of a tablet, a powder, and a capsule.
13. The appetite suppressant of claim 10 wherein the chromium ranges from about 50 mg to about 200mg.

14. The appetite suppressant consisting essentially of:  
green tea;  
green tea leaf extract containing catechin polyphenols;  
a chromium additive;
- 5 5-hydroxytryptophan;  
beta-hydroxy beta-methylbutyrate;  
potassium glycerophosphate;  
a calcium additive;  
a vitamin additive;
- 10 L-carnitine;  
L-tartrate; and  
a cayenne fruit additive.
15. The appetite suppressant of claim 14 wherein the chromium additive is in a form  
15 selected from the group consisting of a polynicotinate, an amino acid chelate, a  
chloride, a picolinate, and combinations thereof.
16. The appetite suppressant of claim 14 wherein the calcium additive in the form of  
calcium carbonate.
- 20 17. The appetite suppressant of claim 14 wherein the green tea leaf extract contains  
about 50% catechin polyphenols.

18. The appetite suppressant of claim 14 wherein the green tea is in an amount ranging from about 180 mg to about 325 mg and the green tea leaf extract is in an amount ranging from 10 mg to about 90 mg.

5 19. The appetite suppressant of claim 14 wherein the appetite suppressant is in a form selected from the group consisting of a tablet, a powder, and a capsule.

20. The appetite suppressant of claim 14 wherein the appetite suppressant is in the form of a powder.

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21. A weight control kit comprising:

an appetite suppressant wherein the appetite suppressant contains green tea, green tea leaf extract, and a chromium additive; and  
a soy based meal replacement.

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22. A method for controlling weight comprising the steps of:

ingesting an appetite suppressant, wherein the appetite suppressant contains green tea, green tea leaf extract, and a chromium additive; and  
replacing at least one meal with a soy based meal replacement.

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Add B-1